

NEW MAGIC PROCESS

Jewel Plan

RECIPE BOOK

101

RECIPES FOR
DELICIOUS TREATS YOU'LL
BE PROUD TO SERVE!

by MARTHA LOGAN, Swift's Home Economist

Dear Homemaker:

The JEWEL PLAN recipe book was especially created for *you*, the busy modern woman who likes to bake and wishes she had more time for it!

You can make up the Formula when you have some spare minutes . . . then store it in your kitchen cupboard where it stays fresh for weeks! From this fine Basic Formula you can make delicious cakes, cookies, dessert puddings, cream puffs, pastry, dumplings, shortcakes, muffins, waffles, pancakes, biscuits . . . and in half the time it ordinarily takes!

The JEWEL PLAN has been made possible by NEW MAGIC PROCESS JEWEL . . . the entirely *new* kind of shortening that creams faster, blends better, and holds its pure freshness indefinitely! That's why we cannot promise success with anything but NEW MAGIC PROCESS JEWEL.

With these recipes — and NEW JEWEL — there's a wonderful adventure in modern baking ahead of you!



Sincerely,

Martha Logan

Canada's fastest growing shortening

Jewel Basic Formula

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Jewel Basic Formula

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Jewel Basic Formula

Yield: About 13 cups

1 lb. (2½ cups) Jewel Shortening

1 tablespoon salt

9 cups sifted all-purpose flour*

¼ cup (4 tablespoons) baking powder

Combine sifted flour, salt and baking powder. Stir well. Sift into large bowl. Add JEWEL. Use pastry blender or finger tips to distribute JEWEL throughout dry ingredients until mixture resembles coarse cornmeal. The Formula is now ready to use—or store in a closed canister on your cupboard shelf.

- * To use cake flour in this Formula, see Page 34 for new proportions. Special recipes using the Basic Formula—with cake flour, follow on Pages 35 to 41.

When using the Formula, use standard measuring cups and spoons. Spoon it into the cup, do not sift it or pack it in.

Remove eggs and milk from refrigerator 5 to 10 minutes before using in cakes. If the batter is at room temperature, the cake will be better.

Note the right baking temperatures.

High altitude baking requires a reduction in the baking powder and sugar used in most recipes. But since these recipes are low in sugar, the baking powder is probably the only ingredient which must be changed, according to the altitude.

Biscuits

Drop Biscuits

Yield: 9 to 10 biscuits

1½ cups Jewel Basic Formula
(do not pack)

½ cup milk

Make a well in the Formula. Add the milk and stir with a fork until all of Formula is moistened. Drop dough by spoonfuls onto a baking sheet. Bake in a hot oven.

Baking temperature: 450° F. Time: About 12 to 15 minutes.

Note: For 6 biscuits use 1 cup Formula with about ⅓ cup milk.

Variations:

Orange Drops

Substitute 1 tablespoon orange juice and 1 tablespoon grated orange rind for part of milk in Drop Biscuit recipe. Place juice and rind in cup. Pour in milk to the ½-cup mark. Add 1½ tablespoons sugar to dry ingredients.

Bacon Drops

Cut 2 to 3 strips of Swift's Premium Bacon in small pieces. Pan-fry. Drain. Add to dry ingredients of Drop Biscuit recipe before blending in milk.

Marmalade Drops

After Drop Biscuit dough has been dropped on baking sheet, make a small dent in top of each. Add a dab of orange marmalade. Bake. (2 tablespoons marmalade are sufficient for whole recipe.)

Baking Powder Biscuits

Yield: 18 biscuits (2 inches in diameter)

3 cups Jewel Basic Formula
(do not pack)

$\frac{3}{4}$ cup milk

Make a well in the Formula. Add the milk and stir with a fork (about 25 strokes). Turn onto a sheet of waxed paper. Knead well 6 times. Roll out or pat to $\frac{1}{2}$ -inch thickness on a lightly floured pastry cloth or board. Cut into 2-inch rounds with floured cutter. Place on a baking sheet. Bake in a hot oven.

Baking temperature: 450° F. Time: About 15 minutes.

Note: For 6 biscuits use 1 cup Formula with about $\frac{1}{4}$ cup milk.

Cakes

Family Cake

Yield: 8x8x2-inch cake

2 cups Jewel Basic Formula
(do not pack)
 $\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla
1 egg, well beaten

Blend Formula and sugar. Add milk and vanilla. Beat until well mixed. Add the egg. Continue beating until well mixed. Pour batter into a pan (8x8x2-inches) (bottom rubbed with Jewel). Bake in a moderate oven. Frost with your favourite frosting.

Baking temperature: 375° F. Time: About 30 minutes.

Orange-Raisin Cake

Yield: 8x8x2-inch cake

2 cups Jewel Basic Formula
(do not pack)
1 large orange
 $\frac{1}{2}$ cup raisins (seedless)
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon soda
2 eggs, well beaten
 $\frac{3}{4}$ cup buttermilk (or $\frac{3}{4}$ cup milk with
1 teaspoon vinegar)
 $\frac{1}{2}$ cup sugar

Wash and dry orange. Squeeze juice and save it. Grind the orange rind and raisins*. Combine the Formula, $\frac{1}{2}$ cup sugar, and soda. Stir in the orange rind and raisins. Add eggs and buttermilk and mix thoroughly. Turn into a square pan (8x8x2-inches) (bottom rubbed with Jewel), and bake in a moderate oven. Combine orange juice and sugar. Stir to dissolve sugar. Pour over hot cake. Cool.

Baking temperature: 350° F. Time: About 30 minutes.

* Or shred orange rind and chop raisins.

Chocolate Cake

Yield: 8x8x2-inch cake

2 cups Jewel Basic Formula
(do not pack)
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon soda
 $\frac{1}{2}$ cup sour milk (or $\frac{1}{2}$ cup sweet milk
with $1\frac{1}{2}$ teaspoons vinegar)

$\frac{1}{2}$ teaspoon vanilla
 $1\frac{1}{2}$ squares ($1\frac{1}{2}$ oz.) unsweetened
chocolate, melted and cooled
1 egg, well beaten

Blend Formula, sugar, and soda. Add milk and vanilla. Beat well. Stir in chocolate. Add egg and blend. Pour batter into cake pan (8x8x2-inches) (bottom rubbed with Jewel). Bake in moderate oven. Turn out on rack when cool. Frost with your favourite frosting or serve with whipped cream or sprinkled with icing sugar.

Baking temperature: 350° F. Time: 35 minutes.

Quick Quick Fruit Cake

Yield: 7x11 or 9x9-inch square

2½ cups Jewel Basic Formula
(do not pack)
2 cups seedless raisins
1 cup brown sugar, firmly packed
1 teaspoon cinnamon
½ teaspoon nutmeg

½ teaspoon allspice
½ teaspoon cloves
1 cup boiling water
1 cup chopped nuts
1 teaspoon vanilla
1 teaspoon lemon extract

Combine raisins, sugar, spices, and water. Let stand 5 minutes. Add the Formula. Stir until just blended. Add nuts, vanilla, and lemon extract. Stir until well blended. Spread batter into pan (7x11 or 9x9-inches) (bottom rubbed with Jewel). Bake in a slow oven. Allow well-wrapped cake to age at least two days before serving.

Baking temperature: 325° F. Time: About 45 minutes.

Spice Cupcakes

Yield: 10 medium cupcakes

1½ cups Jewel Basic Formula
(do not pack)
¾ cup brown sugar, firmly packed
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon ginger

½ cup chopped nuts (or dates or raisins)
½ cup sour milk (or ½ cup sweet milk with 1½ teaspoons vinegar)
1 egg, beaten

Blend Formula, sugar, spices, and nuts. Add combined milk and egg. Beat to mix thoroughly. Pour batter into muffin pans (rubbed with Jewel or lined with paper baking cups). Fill one-half full. Bake in a moderate oven. Cool slightly. Remove cupcakes from pans. Frost with Orange Frosting. See Page 42.

Baking temperature: 350° F. Time: About 25 minutes.

Coffee Cakes

Plain Coffee Cake

Yield: 9x9x2-inch cake

3 cups Jewel Basic Formula
(do not pack)
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup milk
1 egg, well beaten

Blend Formula and sugar. Combine milk and egg; stir into the dry ingredients and beat until well blended. Rub Jewel on bottom of pan (9x9x2-inches). Spread batter into pan. Bake. Baking temperature: 400° F. Time: About 25 minutes.

Fruit Filled Coffee Cake

Yield: 8-inch round cake

2 cups Jewel Basic Formula
(do not pack)
3 tablespoons sugar
1 egg, beaten
 $\frac{1}{2}$ cup milk

$\frac{2}{3}$ cup marmalade or apricot or
berry jam
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ cup raisins
 $\frac{1}{4}$ teaspoon cinnamon

Combine Formula with the sugar. Combine egg and milk. Add to dry ingredients and mix thoroughly. Spread $\frac{1}{2}$ of dough in bottom of 8-inch layer cake pan (bottom rubbed with Jewel). Spread marmalade over it. Mix brown sugar, raisins, and cinnamon, and sprinkle on top of marmalade. Drop remaining dough by teaspoonfuls around outer edges of pan. Bake in a moderate oven.

Baking temperature: 350° F. Time: About 40 minutes.

Banana Swirl Coffee Cake

Yield: 9-inch round cake

2 cups Jewel Basic Formula
(do not pack)
1 egg
3 tablespoons sugar

$\frac{1}{2}$ cup milk
 $\frac{1}{3}$ cup orange marmalade
1 or 2 bananas, peeled and sliced

Break egg into a bowl. Beat. Stir in sugar and milk. Add the Formula gradually. Stir to combine thoroughly. Spread dough in bottom of 9-inch layer cake pan (bottom rubbed with Jewel). Arrange thin overlapping slices of bananas in circles to cover dough. Spread the marmalade over the bananas. Bake in a moderate oven. Serve warm.

Baking temperature: 350° F. Time: About 40 minutes.

Sugar Bottom Coffee Cake

Yield: 8x8x2-inch cake

2 cups Jewel Basic Formula
(do not pack)
 $\frac{1}{4}$ cup brown sugar, firmly packed
 $\frac{1}{4}$ cup chopped pecans
1 egg

$\frac{1}{2}$ cup milk (approximately)
1 teaspoon vanilla
 $\frac{1}{4}$ cup Allsweet Margarine
 $\frac{2}{3}$ cup brown sugar, firmly packed
 $\frac{1}{3}$ cup coconut (optional)

Blend the Formula, the $\frac{1}{4}$ cup sugar, and the pecans. Break egg into measuring cup and pour milk to $\frac{3}{4}$ cup mark. Add vanilla. Beat well with a fork. Add to the Formula mixture. Stir until thoroughly blended. Melt Allsweet in baking pan (8x8x2-inches). Add the $\frac{2}{3}$ cup sugar and the coconut. Spread evenly over bottom of pan. Drop dough by tablespoonfuls on top of sugar mixture. Bake in a moderate oven. Loosen cake from sides of pan with a spatula or knife. Remove from pan immediately by inverting on a platter. Serve hot.

Baking temperature: 375° F. Time: About 30 minutes.

Nut Ball Coffee Cake

Yield: 12 balls

- 2 cups Jewel Basic Formula
(do not pack)
- 3 tablespoons sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{3}$ cup milk

- 1 egg, beaten
- 2 tablespoons Allsweet Margarine,
melted
- $\frac{1}{4}$ cup brown sugar
- 1 teaspoon cinnamon
- $\frac{1}{4}$ cup finely chopped nuts

Blend Formula, sugar, $\frac{1}{2}$ teaspoon each of cinnamon and nutmeg. Add milk combined with egg. Beat to combine thoroughly. Shape a teaspoon of the dough into a ball. Dip the ball first in melted Allsweet, then in brown sugar and 1 teaspoon cinnamon mixed together, then in nuts. Place balls closely together in deep 8-inch pie pan. Bake.

Baking temperature: 375° F. Time: About 20 minutes.

Individual Peach Coffee Cakes

Yield: 12 medium coffee cakes ($2\frac{3}{4}$ inches in diameter)

- 2 cups Jewel Basic Formula
(do not pack)
- 1 egg
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup milk

Topping:

- $\frac{1}{3}$ cup Jewel Basic Formula
- $\frac{1}{3}$ cup brown sugar, firmly packed
- $\frac{1}{2}$ teaspoon cinnamon
- 24 peach slices
- Pecan halves or cherries (optional)

Beat egg in a bowl. Stir in sugar and milk. Add the 2 cups of Formula gradually. Beat until blended. Rub muffin pans lightly with Jewel (or use paper baking cups). Fill pans one-half full. Make topping by combining the $\frac{1}{3}$ cup Formula, brown sugar, and cinnamon. Sprinkle about 1 tablespoon topping over each coffee cake. Place 2 peach slices on top of each coffee cake, garnishing with cherry or pecan if desired. Bake in a moderately hot oven. Serve hot.

Baking temperature: 400° F. Time: About 30 minutes.

Cookies

Drop Sugar Cookies

Yield: 3 dozen

3 cups Jewel Basic Formula
(do not pack)
1 cup sugar

$\frac{1}{4}$ cup milk
1 egg, slightly beaten
 $\frac{1}{2}$ teaspoon vanilla

Blend Formula and sugar. Add milk, egg, and vanilla, and mix well. Drop by teaspoonfuls on baking sheet. Bake in a hot oven.

Baking temperature: 375° F. Time: 10 to 12 minutes.

Variations:

Nut Drop Cookies

Add 1 cup chopped nuts to Drop Sugar Cookie recipe.

Coconut Drop Cookies

Add $1\frac{1}{2}$ cups shredded coconut to Drop Sugar Cookie recipe.

Spice Drop Cookies

Omit vanilla in Drop Sugar Cookie recipe. Add $\frac{1}{4}$ teaspoon each of cinnamon, allspice, cloves and $\frac{1}{2}$ cup raisins.

Oatmeal Cookies

Add 1 cup rolled oats and 1 egg to Drop Sugar Cookie recipe. Use $\frac{1}{2}$ cup brown sugar and $\frac{1}{2}$ cup granulated sugar instead of 1 cup sugar. Dough may be rolled out on lightly floured board or pastry cloth and cut in various shapes or dropped by spoonful onto cookie sheet.

Coconut Bars

Yield: 24 bars

2 cups Jewel Basic Formula
(do not pack)
1½ cups brown sugar, firmly packed
1 cup shredded coconut

1 cup chopped nuts
2 eggs, beaten
1 teaspoon vanilla

Blend Formula, brown sugar, coconut, and nuts. Add eggs and vanilla. Mix to blend thoroughly. The batter is very stiff. Spread batter in a baking pan (7x11-inches) (rubbed with Jewel). Bake in a moderate oven. Cut into bars.

Baking temperature: 350° F. Time: 25 to 30 minutes.

Gumdrop Bars

Yield: 16 bars

2 cups Jewel Basic Formula
(do not pack)
1 egg
1 tablespoon water

1 teaspoon vanilla
1 cup brown sugar, firmly packed
1 cup finely cut gumdrops

Beat egg, water and vanilla. Stir in brown sugar. Add gumdrops and the Formula. Blend thoroughly. Spread the batter into a pan (8x8x2-inches) rubbed with Jewel. Bake in a moderate oven. Cool. Cut into bars.

Baking temperature: 350° F. Time: About 30 minutes.

Peanut Butter Cookies

Yield: 2½ dozen

1½ cups Jewel Basic Formula
(do not pack)
½ cup peanut butter

¾ cup sugar
¼ cup undiluted evaporated milk
1 teaspoon vanilla

Beat all ingredients together thoroughly. Shape into balls. Place balls on baking sheet. Press with fork dipped in sugar. Bake in a moderate oven.

Baking temperature: 375° F. Time: 10 to 12 minutes.

Chocolate Brownies

Yield: 7x11-inch pan

- 1½ cups Jewel Basic Formula
(do not pack)
- 1 cup sugar
- 1 cup chopped pecans

- 2 eggs, well beaten
- ½ teaspoon vanilla
- 2 squares (2 oz.) unsweetened chocolate, melted and cooled

Blend Formula, sugar, and pecans. Add eggs, vanilla, and chocolate. Mix thoroughly. Turn into a shallow baking pan (7x11-inches) (rubbed with Jewel). Bake in a moderate oven. Cut into squares before removing from pan.

Baking temperature: 350° F. Time: 22 minutes.

Chocolate Chip Cookies

Yield: 3 dozen, small

- 1½ cups Jewel Basic Formula
(do not pack)
- ½ cup sugar
- ½ cup brown sugar, firmly packed
- 1 egg, well beaten

- 1 teaspoon vanilla
- 2 teaspoons hot water
- 1 cup chopped pecans
- 1 package (6 oz.) semi-sweet chocolate pieces

Blend Formula and sugars. Add egg, vanilla, and water. Mix thoroughly. Add pecans and chocolate chips. Stir just to blend. Drop by teaspoonfuls on baking sheet. Bake in a moderate oven.

Baking temperature: 375° F. Time: 10 to 12 minutes.

Cornbread

Cornbread

Yield: 8x8x2-inch pan

2 cups Jewel Basic Formula
(do not pack)
1 cup cornmeal
¼ cup sugar

½ teaspoon soda
1 egg, beaten
1 cup sour milk (or 1 cup sweet milk
with 1 tablespoon vinegar)

Blend Formula, cornmeal, sugar, and soda. Add the combined milk and egg. Stir quickly and vigorously until just mixed. Pour batter into a pan (8x8x2-inches) (bottom rubbed with Jewel). Bake in a hot oven.

Baking temperature: 425° F. Time: About 30 minutes.

Variations:

Cornbread Muffins

Yield: 12 muffins (2¾ inches in diameter)

Pour Cornbread batter into muffin pans (rubbed with Jewel). Bake in a hot oven about 20 minutes.

Sausage Cornbread

Yield: 6 servings

Bake 1 pound Swift's Brookfield Sausage links in pan in a moderately hot oven (400° F.) for 15 minutes. Line bottom of pan (7x11-inches) with heavy paper (rubbed with Jewel). Arrange drained sausage in pan. Pour 1 recipe Cornbread over sausage. Bake in a hot oven. Turn upside down onto a hot platter. Remove pan and paper. Serve hot with sausage gravy, jelly, or syrup.

Baking temperature: 425° F. Time: About 30 minutes.

Desserts De Luxe

Cream Puffs

Yield: 5 large puffs

1 cup Jewel Basic Formula
(do not pack)

$\frac{3}{4}$ cup boiling water
2 eggs

Add Formula to boiling water in a saucepan. Stir over low heat about 1 minute until dough is smooth, follows the spoon, and forms in a ball. Remove from heat immediately. Add eggs one at a time, stirring and beating until mixture is blended. Beat vigorously. Drop by spoonfuls on baking sheet. Bake in a hot oven for 35 minutes. Turn off heat. Open oven door and allow cream puffs to remain in oven an additional 20 minutes.

Baking temperature: 400° F. Time: 35 minutes.

Suggested Fillings:

Flavoured whipped cream, cream custard, ice cream, berries or savoury fillings of cheese, chicken, meat or fish.

Gingerbread

Yield: 8x8x2-inch pan

2 cups Jewel Basic Formula
(do not pack)

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ teaspoon soda

1 teaspoon ginger

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon cloves

$\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{2}$ cup sour milk (or $\frac{1}{2}$ cup sweet milk
with $1\frac{1}{2}$ teaspoons vinegar)

$\frac{1}{2}$ cup dark molasses

1 egg

Blend together Formula, sugar, soda, and spices. Combine milk, molasses, and egg. Add to dry mixture. Beat until well blended. Pour into a pan (8x8x2-inches) (bottom rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 350° F. Time: About 40 minutes.

Baklava

Yield: 9 servings

PASTRY:

2 cups Jewel Basic Formula
(do not pack)

1 egg

2 tablespoons water

1 cup water

1 cup sugar

FILLING:

2 cups slivered almonds

½ cup brown sugar, firmly packed

1 cup Allsweet Margarine, melted

1 teaspoon cinnamon

½ teaspoon nutmeg

SYRUP:

Grated rind of 1 orange

Grated rind of 1 lemon

To make pastry:

Place the Formula in a bowl. Add egg and water, which have been blended with a fork. Blend until dry ingredients are thoroughly dampened. Turn on to waxed paper. Knead 8 times. Roll into ball and let rest in waxed paper ½ hour.

To make filling: Mix together all ingredients for filling.

To combine Baklava:

Divide pastry into 4 portions. Roll out 1 portion very thin on a lightly floured pastry cloth or board, into a rectangle 8x16-inches. Cut rectangle in half to form two 8-inch squares. Place one square in bottom of 8x8x2-inch baking pan. Spread 2 tablespoons of filling over this pastry. Place second layer of pastry on top of filling. Roll out another portion of pastry as above. Continue making layers of pastry and filling. Spread no filling on last layer of pastry.

To make syrup: Mix ingredients for syrup in saucepan. Boil 5 minutes.

To bake Baklava:

Cut Baklava in pan into 9 servings. Pour 3 tablespoons of syrup over Baklava. Bake in a moderate oven. Serve remaining sauce (cooled) over the hot Baklava.

Baking temperature: 350° F. Time: 35 to 40 minutes.

Main Dishes

Quick Meat Pie

Yield: About 6 servings

- 1½ cups Jewel Basic Formula
(do not pack)
- ½ cup milk
- *1½ cups cubed cooked meat

- *1 cup condensed cream of mushroom
soup
- *¼ cup water

Combine meat, soup, and water in a 1-quart casserole. Place in a hot oven 10 minutes. Measure the Formula into a bowl. Stir in the milk to make a very soft dough. Drop the dough by spoonfuls over hot meat. Return to hot oven and bake 12 to 15 minutes or until topping is golden brown. Serve hot.

Baking temperature: 450° F. Time: 22 to 25 minutes.

*2½ cups canned Swift's Premium Beef Stew can be used.

Savoury Pinwheels

Yield: 6 pinwheels

- 2 cups Jewel Basic Formula
(do not pack)
- ½ cup milk
- 1 tablespoon prepared mustard

- 1 can (1¼ cups) condensed cream of
mushroom soup
- 1½ cups ground cooked ham or corned
beef
- 1 cup milk

Combine Formula with ½ cup milk to make a biscuit dough. Turn out onto waxed paper. Knead 6 times. Roll out dough on lightly floured pastry cloth or board into rectangle ¼-inch thick (about 8x11-inches). Spread dough with mustard. Combine ½ can of soup with meat. Spread over dough. Roll up as for jelly roll. Cut 8-inch roll into 6 slices. Place cut side down in a baking pan. Bake in a hot oven. Combine remaining soup with the 1 cup milk. Heat and serve over Pinwheels.

Baking temperature: 450° F. Time: 15 to 20 minutes.

Egg Rolls

Yield: 6 servings

2 cups Jewel Basic Formula
(do not pack)

$\frac{1}{2}$ cup milk

6 hard cooked eggs

$\frac{1}{2}$ cup chopped celery

1 tablespoon chopped parsley

$\frac{1}{3}$ cup salad dressing

1 teaspoon salt

$\frac{1}{4}$ teaspoon white pepper

1 teaspoon prepared mustard

2 teaspoons horseradish

Combine Formula and milk to make biscuit dough. Turn onto waxed paper. Knead 6 times. Chop eggs. Add celery and seasonings. Blend together. Roll out dough on a lightly floured pastry cloth or board into 8x12-inch rectangle. Spread egg filling evenly over dough to within 1 inch of edges. Roll up as for jelly roll. Press ends together to hold in filling. Place on baking sheet. Bake in a hot oven. Cut into slices. Serve hot with creamed peas or mushroom or cheese sauce.

Baking temperature: 450° F. Time: 20 to 25 minutes.

Casserole Chicken

Yield: 5 to 6 servings

2 cups Jewel Basic Formula
(do not pack)

$\frac{1}{2}$ cup milk

2 cups cubed cooked chicken

1 cup condensed cream of celery soup

$\frac{1}{4}$ cup water or broth from peas or
chicken

$\frac{1}{2}$ cup cooked peas

$\frac{1}{2}$ teaspoon salt

Dash of cayenne

Combine Formula and milk to make a biscuit dough. Turn out onto waxed paper. Knead 6 times. Roll the dough on a lightly floured pastry cloth or board to $\frac{1}{2}$ -inch thickness. Cut into 2-inch biscuits. Heat chicken, soup, and other ingredients in a 1½-quart buttered casserole. Top with biscuits. Bake in a hot oven.

Baking temperature: 425° F. Time: About 25 minutes.

Swedish Meat Ring

Yield: 6 servings

3 cups Jewel Basic Formula
(do not pack)
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup chopped green pepper
1 tablespoon Jewel Shortening

2 cups ground cooked ham or other
meat
1 cup thick gravy or condensed cream
of mushroom soup

Combine Formula and milk to make biscuit dough. Turn out onto waxed paper. Knead 6 times. Roll out on lightly floured pastry cloth or board into an 8x15-inch rectangle. Melt Jewel in skillet, add green pepper and cook until tender. Combine with meat and gravy. Spread evenly over dough to within 1 inch of edges. Roll up as for jelly roll. Place on baking sheet. Form a ring by bringing ends together. Press edges together to seal. With scissors slash ring, cutting on a diagonal from outside of ring almost to centre. Cut 12 pieces. Turn each piece cut side up. Bake in a hot oven until well browned. Serve hot with mushroom sauce or gravy.

Baking temperature: 450° F. Time: About 20 minutes.

Franciscan Meat Pie

Yield: 6 servings

2 cups Jewel Basic Formula
(do not pack)
 $\frac{1}{2}$ cup milk
2 cups ground cooked veal or beef

1 can (about 1 $\frac{1}{4}$ cups) condensed cream
of mushroom soup
 $\frac{2}{3}$ cup shredded cheese
1 cup drained cooked tomatoes

Combine Formula and milk to make a biscuit dough. Turn onto waxed paper. Knead 6 times. Roll out the dough on a lightly floured pastry cloth or board to fit a 9-inch pie pan. Fill with meat mixed with mushroom soup. Sprinkle with cheese. Top with tomatoes. Bake in a hot oven. Serve hot.

Baking temperature: 450° F. Time: 25 to 30 minutes.

Modified Pizza

Yield: 6 servings

- 2 cups Jewel Basic Formula
(do not pack)
- $\frac{1}{2}$ cup milk
- 1 pound Swift's Brookfield pure pork
Sausage Meat

- $\frac{1}{8}$ teaspoon thyme
- $\frac{1}{2}$ clove garlic, finely chopped
- 1 cup shredded cheese
- 1 cup drained cooked whole tomatoes

Brown sausage meat in a skillet. Pour off drippings. Add thyme and garlic to sausage. Combine Formula and milk to make a dough. Turn out on waxed paper. Knead 6 times. Roll out dough on a lightly floured pastry cloth or board to fit a shallow 9-inch cake or pie pan. Spread filling over dough. Cover with cheese, then top with tomatoes. Bake in a hot oven. Serve hot, cut into wedges.

Baking temperature: 450° F. Time: About 25 minutes.

Beef-Tomato Shortcake

Yield: 5 servings

SHORTCAKE:

- 1 $\frac{1}{2}$ cups Jewel Basic Formula
(do not pack)
- $\frac{2}{3}$ cup canned tomatoes and juice
- 1 teaspoon prepared mustard
- $\frac{1}{2}$ teaspoon sugar

BEEF-TOMATO FILLING:

- 1 tablespoon Jewel Shortening
- 2 tablespoons finely chopped onion
- 1 pound ground beef
- $\frac{1}{2}$ teaspoon salt
- 1 can condensed cream of mushroom
soup, undiluted
- $\frac{1}{2}$ cup shredded sharp cheese

Brown onions in Jewel Shortening in a skillet (9 inches in diameter). Add ground beef. Sprinkle with salt. Stir to brown evenly. Blend in $\frac{1}{3}$ can of mushroom soup. Sprinkle with cheese. Combine tomatoes, mustard and sugar. Pour into the Formula. Stir until all of the Formula is moistened. Drop dough by spoonfuls on top of meat and cheese in skillet. Spread dough evenly. Bake in a hot oven. Invert on serving platter. Cut into pie-shaped wedges. Serve hot, topped with a sauce made from the remaining two-thirds can of soup. Garnish with parsley.

Baking temperature: 450° F. Time: About 20 minutes.

Muffins

Easy Muffins

3 cups Jewel Basic Formula
(do not pack)

Yield: 12 muffins (2¾ inches in diameter)

3 tablespoons sugar
1 cup milk
1 egg, beaten

Blend Formula and sugar. Combine milk and egg; add to Formula. Stir quickly and vigorously until just mixed. Batter will look lumpy. Rub muffin pans lightly with Jewel. Fill one-half full. Bake in a hot oven.

Baking temperature: 425° F. Time: About 20 minutes.

Note: For 6 muffins use 1½ cups Formula, 1½ tablespoons sugar, ½ cup milk, and 1 egg.

Variations:

Bacon Muffins

Add ½ cup (about 6 slices) diced, fried, and drained Swift's Premium Bacon to the dry ingredients of Easy Muffins.

Orange Muffins

Add 1 tablespoon grated orange rind to Easy Muffin batter. Then into the top of each unbaked muffin press a cube of sugar dipped in orange juice.

Blueberry Muffins

Mix together 1 cup fresh or frozen blueberries and ¼ cup sugar. Add to Easy Muffin batter.

Cranberry Muffins

Mix together 1 cup fresh cranberries and ½ cup sugar. Add to Easy Muffin batter.

Bran Muffins

Yield: 10 to 12 muffins (2¾ inches in diameter)

1½ cups Jewel Basic Formula
(do not pack)
1 egg
2 tablespoons sugar

¾ cup sour milk (or ¾ cup sweet milk
with 2 tablespoons vinegar)
1 cup whole bran
½ teaspoon soda

Place egg in bowl. Beat with whisk or pastry blender. Add sugar and sour milk. Continue beating. Blend in whole bran. Add the Formula and soda. Stir quickly and vigorously until just mixed. Batter will look lumpy. Rub muffin pans lightly with Jewel Shortening (or use paper liners in muffin pans). Fill one-half full. Bake in a hot oven. Serve hot with jam or jelly.

Baking temperature: 425° F. Time: About 20 minutes.

Pancakes and Fritters

German-Style Pancake

Yield: One 9-inch pancake, 6 to 8 servings

1 cup Jewel Basic Formula
(do not pack)
1 cup milk

5 eggs
1 cup jelly or jam, or sweetened
 fruit

Combine the Formula and milk in a bowl. Blend thoroughly. Add one egg at a time and beat with a rotary beater (hand or electric) after each addition. Pour into hot skillet (9 inches across bottom) (bottom rubbed with Jewel). Cook over a low heat until slightly set on bottom and sides, then place in hot oven and bake. To serve, sprinkle lightly with salt and spread pancake with jelly or sweetened fruit. Cut into wedges. Serve hot for dessert.

Baking temperature: 425° F. Time: About 25 minutes.

Pancakes

Yield: 12 medium pancakes

1½ cups Jewel Basic Formula
(do not pack)

1 tablespoon sugar
¾ cup milk
1 egg, well beaten

Blend Formula and sugar. Stir milk and egg into Formula until blended. Drop batter from tablespoon onto hot griddle which has been lightly rubbed with Jewel Shortening. Spread cakes out lightly with back of spoon. Cook on one side until puffed, full of bubbles, and cooked on the edges. Then turn and cook on the other side. Serve immediately.

Variations:

Frank Pancakes

Add 2 Swift's Premium Franks, sliced thin, to one recipe of Pancake batter.

Corn Pancakes

Sprinkle 1 teaspoon salt over ½ to 1 cup cooked whole kernel corn (drained). Add to one recipe of Pancake batter.

Dessert Variations:

Apple Pancakes

Add ½ to 1 cup chopped tart apple to one recipe of Pancake batter.

Blueberry Pancakes

Add ½ cup fresh or frozen blueberries to one recipe of Pancake batter.

Corn Fritters

Yield: 9 fritters (2 to 2½ inches in diameter)

¾ cup Jewel Basic Formula
(do not pack)
1 egg separated
½ teaspoon vanilla

2 tablespoons milk or liquid from corn
1 cup cooked, drained whole kernel corn
¼ cup quick-cooking rolled oats

Beat egg white until stiff but not dry. In another bowl, beat egg yolk. Stir in vanilla, milk, corn and rolled oats. Add the Formula gradually. Stir to blend thoroughly. Fold in beaten egg white. Drop batter by tablespoonfuls into a skillet containing about ¼-inch hot melted Jewel Shortening. Fry over low to medium heat until golden brown. Turn fritters just once, to brown on other side. Serve hot with Swift's Premium Bacon or Swift's Brookfield Sausage and maple syrup.

Frying temperature: low to medium heat. Time: About 7 minutes.

Pineapple Fritters

Yield: 12 fritters (2 to 2½ inches in diameter)

1 cup Jewel Basic Formula (do not pack)
1 egg, separated

½ teaspoon vanilla
1 cup crushed pineapple and juice

Combine ingredients and fry as for corn fritters (see above). While still warm, dust with icing sugar.

Pastry

Pie Paste

Yield: Two 8-inch crusts

2 cups Jewel Basic Formula
(do not pack)

$\frac{1}{4}$ cup Allsweet Margarine
 $\frac{1}{4}$ cup hot water

Heat Allsweet in water until melted. Sprinkle over the Formula, blending with a spatula or fork. Turn dough out on waxed paper. Shape into a ball and cover with the paper. Chill at least 30 minutes in refrigerator. Roll out for pastry as needed.

Note: For Pie Fillings, see Pages 44 and 45.

Sausage Rolls

Yield: 16 rolls

Use one 9-ounce package (16 links) Swift's Premium Brown'n Serve Sausage. Make one recipe of Pie Paste. Turn onto lightly floured board and roll into a rectangle $\frac{1}{8}$ -inch thick. Cut in strips large enough to enclose each fully cooked sausage. Roll each sausage in pastry. Place edge side down on a cookie sheet and bake in a hot oven.

Baking temperature: 425° F. Time: 10 to 15 minutes.

Note: For party or snack use, each cooked sausage may be cut into 2 or 3 sections and wrapped in narrower strip of Pie Paste. If desired, brush sausage with prepared mustard or chili sauce before wrapping.

Puddings

Baked Butterscotch Pudding

Yield: 7x11-inch loaf

1½ cups Jewel Basic Formula
(do not pack)

½ cup brown sugar, firmly packed

½ cup milk

1 teaspoon vanilla

1 cup brown sugar, firmly packed

3 tablespoons Allsweet Margarine

1 teaspoon vanilla

2 cups boiling water

¾ cup coarsely chopped nuts

Blend Formula and ½ cup brown sugar. Add milk and vanilla. Mix to blend. Spread 1 cup brown sugar over the bottom of a pan (7x11-inches). Dot with Allsweet. Add vanilla and boiling water. Drop the dough by spoonfuls over this sauce. Sprinkle with nuts. Bake in a moderate oven.

Baking temperature: 350° F. Time: About 40 minutes.

Apple Cranberry Dessert

Yield: About 6 servings

2 cups Jewel Basic Formula
(do not pack)

¾ cup milk

¾ cup brown sugar, firmly packed

½ teaspoons cinnamon

½ teaspoon salt

1 tablespoon lemon juice

½ cup orange juice

3 cups sliced cooking apples (pared and cored)

1 can (approx. 2 cups) whole cranberry sauce

Blend brown sugar, cinnamon and salt. Combine with lemon and orange juice. Pour over apples. Place one-half of apple mixture into baking dish (8x8x2-inches). Cover with a ¼-inch layer of cranberry sauce slices. Over the cranberry layer spread remaining apple mixture. Top with chunks of remaining cranberry sauce. Bake in a hot oven 15 minutes. Make a well in the Formula. Add the milk and stir with a fork until all of the Formula is moistened. Drop dough by spoonfuls on hot apple-cranberry mixture. Return to hot oven for 25 minutes. Serve warm.

Baking temperature: 425° F. Time: 15 minutes, then an additional 25 minutes.

Baked Fudge Pudding

Yield: About 9 servings

1½ cups Jewel Basic Formula
(do not pack)
½ cup sugar
2 tablespoons cocoa

¾ cup chopped nuts
½ cup milk
1 teaspoon vanilla

TOPPING:

¼ cup cocoa
¾ cup brown sugar

1½ cups hot water

Combine the Formula, sugar, cocoa, and nuts. Stir in milk and vanilla. Mix to blend. Spread in a pan (8x8x2-inches) (bottom rubbed with Jewel). Combine topping. Pour over the batter in the pan. Bake.

Baking temperature: 350° F. Time: 40 minutes.

Quick Breads

Banana Bread

Yield: 9x5-inch loaf

2 cups Jewel Basic Formula
(do not pack)
1 cup sugar
½ teaspoon soda
2 large bananas, peeled and mashed

¼ cup chopped walnuts
2 eggs
⅓ cup buttermilk (or ⅓ cup milk with
1 teaspoon vinegar)

Combine Formula, sugar, and soda. Add combined bananas, walnuts, eggs and buttermilk. Beat to blend thoroughly. Turn into loaf pan (9x5-inches) (bottom rubbed with Jewel). Bake in a moderate oven. (12 hours' storage improves flavour and texture.)

Baking temperature: 350° F. Time: About 40 to 45 minutes.

Orange Date Bread

Yield: 9x5-inch loaf

3 cups Jewel Basic Formula
(do not pack)
 $\frac{1}{2}$ cup sugar
1 cup chopped dates

1 cup chopped nuts
1 tablespoon grated orange rind
1 cup orange juice
2 eggs, beaten

Blend Formula, sugar, dates, nuts and grated rind. Add combined orange juice and eggs. Beat until well blended. Turn into loaf pan (bottom rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 350° F. Time: 1 hour to 1 hour and 10 minutes.

Apricot Bread

Yield: 9x5-inch loaf

3 cups Jewel Basic Formula
(do not pack)
 $\frac{1}{2}$ cup sugar

1 cup chopped dried apricots
 $\frac{3}{4}$ cup milk
1 egg, beaten

If apricots are very dry, soak in hot water a few minutes; then dry thoroughly and chop. Blend Formula, sugar, and apricots. Add combined milk and egg. Beat until well blended. Turn into loaf pan (9x5x2 $\frac{3}{4}$ -inches) (bottom rubbed with Jewel). Bake in a moderate oven. (12 hours' storage improves flavour and texture.)

Baking temperature: 350° F. Time: 1 hour.

Variations:

Nut Bread

Use 1 cup chopped nuts instead of apricots in Apricot Bread recipe.

Prune Bread

Use 1 cup chopped prunes instead of apricots in Apricot Bread recipe.

Rolls

Beaten Batter Rolls

Yield: 12 rolls (2¾ inches in diameter)

2 cups Jewel Basic Formula
(do not pack)
½ package yeast, compressed or dry
2 tablespoons lukewarm water

½ cup milk
2 tablespoons sugar
1 egg, beaten

Soften yeast in lukewarm water. Scald the milk. Cook to lukewarm. Add sugar. Add 1 cup of the Formula and beat well. Add softened yeast and egg. Beat well. Add remaining Formula to make a stiff batter. Beat thoroughly until smooth. Cover and let rise in a warm place until bubbly (about 1 hour). When batter is light stir down. Drop by spoonfuls into muffin pans (2¾ inches in diameter) (rubbed with Jewel). Let rise until double in size (30 to 40 minutes). Bake in a moderate oven. Remove biscuits from pan while hot. Serve warm.

Baking temperature: 375° F. Time: About 20 minutes.

Butterscotch Pecan Rolls

Yield: 12 rolls

1 recipe Beaten Batter Rolls
2 tablespoons Allsweet Margarine,
melted

1 tablespoon water
½ cup brown sugar, firmly packed
36 pecan halves

Heat Allsweet, water, and sugar to melt sugar. Put spoonful in each muffin pan (rubbed with Jewel). Place three pecan halves in each pan. Drop Beaten Batter by spoonfuls into pans. Let rise in warm place until double in size (about 30 to 40 minutes). Bake in a moderate oven. Invert pan to remove rolls. Serve warm.

Baking temperature: 375° F. Time: About 20 minutes.

Shaped Rolls

Yield: About 16 rolls

Use recipe for Beaten Batter Rolls but add $\frac{1}{2}$ cup all-purpose flour to the 2 cups Jewel Basic Formula. When dough has risen, turn out onto floured pastry cloth or board, knead about 6 times and shape as desired—(see below). Place on a greased cookie sheet, cover with a damp cloth and let rise in a warm place about $\frac{3}{4}$ hour or until double in size. Bake shaped rolls in a moderate oven (375° F.) for 12 to 15 minutes or until golden brown. Brush top while warm with melted butter.

Parkerhouse Rolls:

Roll out dough after it has been kneaded to $\frac{1}{4}$ -inch thickness. Cut in rounds using a $2\frac{1}{2}$ or 3-inch biscuit cutter. Brush centre of rounds with melted butter. Crease heavily with dull edge of kitchen knife, just off centre. Fold at crease and press edges together. Place on greased cookie sheet and let rise, and bake as above.

Finger Rolls:

Roll out dough after it has been kneaded to $\frac{1}{4}$ -inch thickness. Cut in strips 4 x 1 inch. Roll each strip in hands to form smooth finger shape. Place on greased cookie sheet to let rise, and bake as above.

Cloverleaf Rolls:

Grease muffin tins. Snip off small pieces of dough with scissors rubbed with Jewel. Shape into balls. Place three in each section of muffin tin. Brush top with melted butter. Proceed as above to let rise, then bake.

Poppyseed Rolls:

Poppyseeds may be sprinkled on any of above rolls after they are shaped and set to rise.

Whole Wheat Rolls

Yield: About 16 rolls

Use recipe for Beaten Batter Rolls but add $\frac{3}{4}$ cup whole wheat flour to the 2 cups Jewel Basic Formula and increase milk to $\frac{2}{3}$ cup. Proceed to make shaped rolls from the dough as above.

Orange Top Rolls

Yield: 12 rolls

1 recipe Beaten Batter Rolls (see page 28)
½ cup raisins
¼ cup sugar

1 teaspoon grated orange rind
1 tablespoon orange juice
¾ cup finely chopped nuts (optional)

When Beaten Batter is light, stir in raisins. Drop by spoonfuls into muffin pans (rubbed with Jewel). Mix sugar, orange rind, orange juice, and nuts. Spread over rolls. Let rise in warm place until double in size (about 30 to 40 minutes). Bake in a moderate oven. Remove rolls from pan while hot. Serve warm.

Baking temperature: 375° F. Time: About 20 minutes.

Fiesta Fruit Loaf

Yield: One 9x5x2¾-inch loaf

2 cups Jewel Basic Formula (do not pack)
1 cup all-purpose flour
¾ package yeast, compressed or dry
¼ cup lukewarm water
⅔ cup milk
2 tablespoons sugar

1 egg, beaten
½ cup raisins, washed and dried
⅓ cup chopped mixed peel
6 red maraschino cherries, sliced
⅓ cup chopped nuts
2 tablespoons grated orange peel

Combine Formula and all-purpose flour in large bowl. Soften yeast in lukewarm water. Scald milk. Cool to lukewarm. Add sugar. Add one cup of the Formula-flour mixture and beat well. Add softened yeast and egg. Beat well. Add to remaining Formula in large bowl to make a stiff batter. Beat thoroughly until smooth. Cover and let rise in a warm place until bubbly (about 1 hour). When batter is light, stir down and mix in fruits, nuts and peel. Knead to blend well. Turn out on well floured pastry cloth or board and knead, shape, place in loaf pan (rubbed with Jewel) and cover with a damp cloth. Let rise in warm place about 1¼ hours or until double in size. Bake in moderate oven. When done, brush top with hot corn syrup.

Baking Temperature: 375° F. Baking Time: About 35 minutes.

Shortcakes

Sandwich Shortcakes

2 cups Jewel Basic Formula
(do not pack)

2 tablespoons sugar
 $\frac{1}{2}$ cup milk

Yield: 4 double shortcakes

Blend Formula and sugar. Add milk. Stir with a fork until all of Formula is moistened (about 25 strokes). Turn dough onto a sheet of waxed paper. Knead 6 times. Roll out dough $\frac{1}{8}$ -inch thick on lightly floured pastry cloth or board. Cut into 3-inch rounds with floured cutter. Place 2 rounds together sandwich fashion on baking sheet. Bake in a hot oven. Baking temperature: 425° F. Time: About 20 minutes.

Drop Shortcakes

Instead of kneading and rolling, drop the Shortcake dough by spoonfuls into muffin pans or onto baking sheet. Bake in a hot oven. Split open to serve with sweetened fresh fruit and whipped cream between and on top of biscuits.

Baking temperature: 425° F. Time: About 15 minutes.

De Luxe Shortcake

3 cups Jewel Basic Formula
(do not pack)
3 tablespoons sugar

$\frac{1}{2}$ cup broken pecans (optional)
1 egg, beaten
 $\frac{1}{2}$ cup milk

Yield: One 8-inch shortcake

Blend Formula, sugar, and pecans. Add egg and milk to Formula. Stir with a fork until all of Formula is moistened (about 25 strokes). Turn dough onto a sheet of waxed paper. Knead 6 times. Roll out dough $\frac{3}{8}$ -inch thick on lightly floured pastry cloth or board, making an 8-inch round. Place on a cookie sheet and bake in a hot oven until golden brown. When baked, split crosswise into 2 layers and fill with fruit. Top with whipped cream and garnish with nuts or fruit.

Baking temperature: 425° F. Time: 25 minutes.

Waffles

Crisp Waffles

Yield: 4 to 5 waffles

1½ cups Jewel Basic Formula
(do not pack)

2 teaspoons sugar
1 egg, separated
1 cup milk

Blend Formula and sugar. Gradually add beaten egg yolk mixed with milk. Mix thoroughly. Fold in stiffly beaten egg white. Pour about ½ cup of the mixture onto a heated waffle iron and bake.

Variations:

Bacon Waffles

Cut 5 strips Swift's Premium Bacon into small pieces. Pan-fry. Drain off fat. Add bacon pieces to Crisp Waffle batter. Blend. Bake.

Bacon-topped Waffles

Lay 2 strips Swift's Premium Bacon over Crisp Waffle batter on waffle iron. Bake.

Dessert Variation:

Nut Waffles

Increase sugar in Crisp Waffle recipe to ¼ cup. Add ¼ cup chopped nuts to batter. Bake. Serve with sweet sauce, fruit, or ice cream.

Hostess Cakes and Desserts

(using Jewel Basic Formula—with cake flour)

To make high, light, delicate cakes and delectable desserts quickly and easily, make the Jewel Basic Formula—with cake flour (see recipe on page 34). The proportions and ingredients for this formula are different from those in the formula on page 2, so be sure to use only the Jewel Basic Formula—with cake flour in the recipes listed in the index below.

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Jewel Basic Formula — With Cake Flour*

Yield: About 12½ cups

2 cups Jewel Shortening
6½ cups sifted cake flour
4 cups sugar

¼ cup (4 tablespoons) baking powder
1 tablespoon salt

Hand-Mixing Method:

Sift the cake flour into a large mixing bowl or pan, or onto a large sheet of paper. Blend in the sugar, baking powder and salt. Cut in Jewel with a pastry blender or the fingertips until the mixture is fine, dry and powdery. (A few slightly larger particles of Jewel are to be expected). Once or twice during the blending period, mix lightly by hand to distribute ingredients evenly and to break up lumps that may have formed.

Machine-Mixing Method:

Use a large mixing bowl or pan and the detached beater head of the electric mixer. Chill the measured Jewel well (at least ½ hour in the refrigerator). Using low speed, blend the cake flour, sugar, baking powder and salt with electric mixer. Add the Jewel. Beat at low speed until the mixture is fine, dry and powdery (about 2½ minutes). Halfway through the mixing period, stop beating and blend the mixture lightly by hand to distribute the ingredients evenly. Caution: do not overbeat lest the mixture becomes compact and difficult to measure.

Storage:

Store Jewel Basic Formula—with cake flour, in a closed container in a cool place on the kitchen shelf. Before each use, stir the Formula lightly to prevent packing during measurement.

For High Altitudes: (5000 to 6000 feet)

Decrease baking powder to 3 tablespoons and decrease sugar to 3½ cups.

* This Formula has been designed to make high, light, fine-textured cakes, tortes and special dessert puddings.

Arabian Spice Cake

Yield: Two 8-inch layers

3¾ cups Jewel Basic Formula—with
cake flour* (do not pack)
2 tablespoons cocoa
½ teaspoon nutmeg
½ teaspoon cloves

1 cup milk
1 teaspoon vanilla
1 teaspoon lemon juice
2 eggs

Place the Formula, cocoa, nutmeg and cloves in a bowl. Stir to blend ingredients. Add ½ cup milk. Beat 1 minute at medium speed on electric mixer or 150 strokes by hand. Add additional ¼ cup milk. Beat 1 minute at medium speed or 150 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add remaining ¼ cup milk, vanilla, lemon juice and eggs. Beat 2 additional minutes at medium speed of electric mixer or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts of batter into two 8-inch pans (bottoms lined with two layers waxed paper or rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes.

Banana Cake

Yield: Two 8-inch layers

3¾ cups Jewel Basic Formula—with
cake flour* (do not pack)
½ teaspoon soda
½ cup buttermilk or sour milk
1 teaspoon vanilla

1 cup mashed fully ripe bananas
(about 2 large bananas)
2 eggs
¼ cup chopped nuts

Thoroughly mash bananas at medium speed on electric mixer or mash by hand. Set aside. Combine the Formula and soda. Add the buttermilk. Beat 2 minutes at medium speed on electric mixer, or 300 strokes by hand. Thoroughly scrape sides and bottom of bowl with rubber scraper. Add vanilla, mashed bananas, eggs and nuts. Beat 2 additional minutes at medium speed on electric mixer or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts into two 8-inch cake pans (bottoms lined with two layers waxed paper or rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 350° F. Time: 40 to 45 minutes.

* recipe on Page 34.

Boston Cream Pie

Yield: 6 to 8 servings

2 cups Jewel Basic Formula—with
cake flour* (do not pack)
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla
2 egg yolks

1 package vanilla or chocolate instant
pudding
Powdered sugar
Chocolate syrup

*Place Formula in a bowl. Add $\frac{1}{4}$ cup milk. Beat 2 minutes at medium speed on electric mixer or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with a rubber scraper.

Add remaining $\frac{1}{4}$ cup milk, vanilla and egg yolks. Beat 2 additional minutes at medium speed on electric mixer or 300 strokes by hand. Pour batter into one 9-inch pie plate (bottom lined with two layers waxed paper or rubbed with Jewel). Bake in a moderate oven. Baking temperature: 375° F. Time: About 25 minutes.

Cool. Remove from pan. Split cake into two layers. Spread prepared pudding between layers. Sprinkle with powdered sugar or dribble with chocolate syrup over each pie-shaped piece just before serving.

Dusty Dawn Cake

Yield: Two 8-inch layers

$3\frac{3}{4}$ cups Jewel Basic Formula—with
cake flour* (do not pack)
 $\frac{1}{3}$ cup cocoa
 $\frac{1}{3}$ cup boiling water

$\frac{1}{4}$ teaspoon soda
 $\frac{3}{4}$ cup milk
1 teaspoon vanilla
2 eggs

Pour the boiling water over the cocoa. Stir to blend. Place the Formula and soda in a bowl. Blend. Add the milk and vanilla. Beat 2 minutes at medium speed on electric mixer or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with a rubber scraper. Scrape bowl and beaters.

Add the eggs and cocoa-water mixture. Beat 2 additional minutes at medium speed on electric mixer or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts of batter into 8-inch cake pans (bottoms lined with two layers waxed paper or rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes. * recipe on Page 34.

Easy Elegant Torte

Yield: Six 8-inch layers

3¾ cups Jewel Basic Formula—with
cake flour (do not pack)
1 cup milk
1 teaspoon vanilla

4 egg whites
1 package vanilla instant pudding
¾ cup tart red jelly
½ cup whipping cream

Place the Formula in a bowl. Add ¾ cup milk. Beat 2 minutes at medium speed on an electric mixer or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Add remaining ½ cup milk, vanilla and egg whites. Beat 2 additional minutes at medium speed on an electric mixer or 300 strokes by hand. Pour equal amounts of batter into three 8-inch layer cake pans (bottoms lined with two layers of waxed paper or rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 375° F. Time: 20 to 25 minutes.

When layers have cooled, cut each one in half to make six thin layers. Spread alternate layers with jelly and prepared pudding (thoroughly set). Top with sweetened whipped cream.

Burnt Sugar Cake

Yield: Two 8-inch layers

3¾ cups Jewel Basic Formula—with
cake flour (do not pack)
¾ cup sugar
½ cup water

2 eggs, separated
1 cup milk
1 teaspoon vanilla

Melt ¾ cup sugar in heavy skillet until smooth and dark brown. Remove from heat. Add water carefully. Return to heat. Cook 3 minutes. Cool. Beat egg whites until stiff. Set aside. Combine Formula, ½ cup milk and vanilla in a bowl. Beat 2 minutes at medium speed on electric mixer or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add remaining milk, egg yolks, and ¼ cup burnt sugar syrup. Beat 2 additional minutes at medium speed on electric mixer or 300 strokes by hand. Scrape bowl and beaters. Fold in egg whites. Pour equal amounts of batter into two 8-inch cake pans (bottoms lined with two layers waxed paper or rubbed with Jewel). Bake in moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes.

* recipe on Page 34.

Funny Cake

Yield: 6 to 8 servings

Cake baked in a pie crust with a layer of yummy sauce.

PIE CRUST:

See page 44 for recipe and instructions for making a 9-inch unbaked pie crust.

JEWEL CAKE:

1½ cups Jewel Basic Formula—with
cake flour* (do not pack)
½ cup milk
1 egg

1 teaspoon vanilla
½ cup chopped nuts
½ cup caramel, butterscotch or
chocolate syrup

Place Formula in bowl. Add ¼ cup milk. Beat 1 minute at medium speed on an electric mixer or 150 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper.

Add remaining ¼ cup milk, egg and vanilla. Beat 2 minutes on an electric mixer or 300 strokes by hand.

Sprinkle nuts on unbaked pie crust, pour syrup evenly over the nuts, then pour cake batter over the syrup and nuts. Bake in a moderate oven. Serve warm.

Baking temperature: 375° F. Time: About 20 minutes.

Pineapple Upside-Down Cake

Yield: 9 servings (one 9-inch square)

2½ cups Jewel Basic Formula—with
cake flour* (do not pack)
¼ cup Allsweet Margarine
½ cup brown sugar, packed

9 pineapple slices, drained
½ cup milk
2 eggs
½ teaspoon vanilla

Combine Allsweet and brown sugar in a 9 x 9 x 2-inch pan. Cook over low heat until bubbly. Remove from heat. Arrange pineapple slices in pan. Place Formula and ¼ cup milk in bowl. Beat 2 minutes at medium speed on electric mixer or 300 strokes by hand. Add remaining milk, eggs, and vanilla. Beat 2 additional minutes at medium speed on electric mixer or 300 strokes by hand. Pour batter over pineapple. Bake in a moderate oven. Turn upside down. Serve warm with sweetened whipped cream and maraschino cherries.

* recipe on Page 34.

Moon Glow Cake

Yield: Two 8-inch layers

3¾ cups Jewel Basic Formula—with
cake flour (do not pack)
1 cup milk

1 teaspoon vanilla
4 egg whites

Place the Formula in a bowl. Add ⅔ cup milk. Beat 2 minutes at medium speed on an electric mixer, or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters. Add remaining milk, vanilla, and egg whites. Beat 2 additional minutes at medium speed on electric mixer, or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts of batter into 8-inch cake pans (bottoms lined with two layers of waxed paper or rubbed with Jewel). Bake in a moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes.

Moon Glow Nut Cake

Yield: Two 8-inch layers

Use Moon Glow Cake recipe. Before pouring batter into cake pans (bottoms lined with two layers of waxed paper or rubbed with Jewel), stir in ½ cup chopped nuts. Bake in a moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes.

Moon Glow Marble Cake

Yield: Two 8-inch layers

Use Moon Glow Cake recipe. Pour ⅔ of the batter into two 8-inch cake pans (bottoms lined with two layers waxed paper or rubbed with Jewel). Add about 4 drops red food colouring and ¼ teaspoon peppermint flavouring to remaining ⅓ of batter. Mix enough to blend ingredients. Pour equal amounts of coloured batter into the two cake pans in form of a large "S". Bake in a moderate oven.

Baking temperature: 375° F. Time: 20 to 25 minutes.

For a complimentary frosting, use recipe for Fluffy Pink Frosting (see page 43) tinted delicately with red food colouring. Reserve about ½ cup of the pink frosting and add more red food colouring to make it a deep pink colour. Fill and frost cake with light pink frosting, then use darker pink frosting to make swirls of colour on the top of the cake.

recipe on Page 34.

Sunrise Cake

Yield: Two 8-inch layers

3¾ cups Jewel Basic Formula—with
cake flour* (do not pack)
1 cup milk

1 teaspoon vanilla
2 eggs

Place the Formula in a bowl. Add ⅔ cup milk. Beat 2 minutes at medium speed on electric mixer, or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add remaining milk, vanilla and eggs. Beat 2 additional minutes at medium speed on electric mixer, or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts of batter into cake pans (bottoms lined with two layers of waxed paper or rubbed with Jewel). Bake in moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes.

Sunrise Cupcakes

Yield: 2½ dozen cupcakes

Use Sunrise Cake recipe. Pour batter into muffin pans (rubbed with Jewel or lined with paper baking cups). Fill about two-thirds full. Bake in a moderate oven.

Baking temperature: 375° F. Time: 20 to 25 minutes.

Sunrise Molasses Spice Cake

Yield: 13x9-inch cake

Use Sunrise Cake recipe. Before the first addition of milk, blend the soda and spices listed below with the 3¾ cups Jewel Basic Formula—with cake flour.

⅛ teaspoon soda
1 teaspoon cinnamon
¼ teaspoon cloves

¼ teaspoon nutmeg
¼ cup dark molasses

With the last addition of milk, pour in ¼ cup dark molasses. Pour batter into pan (13x9-inches)—bottom rubbed with Jewel. Bake in a moderate oven.

Baking temperature: 375° F. Time: 25 to 30 minutes.

* recipe on Page 34.

Sunshine Lemon Cups

Yield: 8 individual puddings

1 cup Jewel Basic Formula—with cake
flour* (do not pack)
3 eggs, separated
 $\frac{2}{3}$ cup sugar

$1\frac{1}{2}$ cups hot milk
Peel of 1 lemon, shredded
5 tablespoons lemon juice

Beat egg whites until foamy. Add sugar gradually. Beat until mixture stands in slightly rounded peaks. Set aside. Beat egg yolks until thick and lemon coloured. Add Formula, milk, lemon peel and juice. Mix together. Fold in meringue. Pour mixture into 8 custard cups. Place cups in a pan of hot water. Bake in a slow oven. Serve either warm or chilled with custard sauce.

Baking temperature: 325° F. Time: 40 to 45 minutes.

Tiny Tea Doughnuts

Yield: About 30 small doughnuts ($1\frac{1}{2}$ inches in diameter)

1 pound Jewel Shortening for frying
1 cup Jewel Basic Formula—with cake
flour* (do not pack)
 $\frac{1}{2}$ cup all-purpose flour

2 eggs
2 tablespoons water
 $\frac{1}{2}$ teaspoon vanilla

Heat the Jewel Shortening, slowly, in a small deep kettle to 365° F. Beat the eggs, water and vanilla in a bowl. Add the Formula and flour. Stir enough to blend thoroughly. Dip a teaspoon into the hot Jewel, then dip up a *small* spoonful of batter. With the back of a second teaspoon, push the batter into the hot Jewel. Do not crowd the kettle. Fry doughnuts $2\frac{1}{2}$ to 3 minutes or until golden brown. Drain well over kettle, then place on absorbent paper. Roll in powdered sugar if desired.

Variations:

Pecan Doughnuts:

Add $\frac{1}{3}$ cup finely chopped pecans.

Orange Doughnuts:

Add shredded peel of 1 orange. Use orange juice instead of water. Omit vanilla.
* recipe on Page 34.

Favourite Frostings

Snowy Cream Frosting

Yield: Frosting and filling for two 9-inch or three 8-inch layers

½ cup Jewel Shortening
3 to 3½ cups sifted icing sugar
4 to 6 tablespoons milk

¾ teaspoon salt
1 teaspoon vanilla

Cream Jewel until soft and fluffy. Add icing sugar, 4 tablespoons milk, salt, and vanilla. Beat until smooth and creamy. Add more milk if necessary to make frosting of spreading consistency.

Note: 3½ cups icing sugar—1 pound.

Variations:

Lemon Frosting

Use recipe for Snowy Cream Frosting. Add ½ teaspoon shredded lemon peel and substitute ½ tablespoon lemon juice for ½ tablespoon milk per cup of icing sugar.

Chocolate Frosting

Use recipe for Snowy Cream Frosting, and replace ¼ cup sugar with ¼ cup sifted cocoa. Increase milk if necessary.

Orange Frosting

Yield: Frosting for one 8-inch square or round cake or for 12 cupcakes

1 tablespoon Jewel Shortening
1½ cups sifted icing sugar
1 tablespoon grated orange rind

1 tablespoon orange juice
1 tablespoon lemon juice

Cream Jewel and 1 cup sugar until fluffy; stir in fruit rind and juices. Add remaining sugar until icing is proper consistency to spread.

Jewel Bonus Section

(special Jewel Recipes for when you bake without the Jewel Plan)

Pink Peppermint Cake

Yield: 13x9x2-inch loaf

(QUICK MIX METHOD)

½ cup Jewel Shortening
2½ cups sifted cake flour
1½ cups sugar
4 teaspoons baking powder
1 teaspoon salt
1 cup milk

½ teaspoon vanilla
¼ teaspoon peppermint extract
3 egg yolks
1 egg white (save 2 for frosting)
Few drops red food colouring

Place Jewel in bowl. Sift flour, sugar, baking powder, and salt into bowl. Add ⅔ cup of the milk and beat 2 minutes on medium speed of electric mixer or by hand, using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl. Add remaining ½ cup milk, vanilla, peppermint extract, 3 egg yolks and 1 egg white, and red colouring. Beat an additional 2 minutes on medium speed. Scrape bowl and beaters. Pour batter into prepared loaf pan (bottom lined with two layers of waxed paper). Bake in a moderate oven (350° F.) about 40 to 45 minutes. Cool slightly. Loosen cake by running a spatula around the edge of the cake pan. Remove from pan. Frost with Fluffy Pink Frosting.

FLUFFY PINK FROSTING:

Mix 2 egg whites (saved from cake), 1½ cups sugar, ⅛ teaspoon cream of tartar, and ⅓ cup water in top of double boiler. Beat with rotary beater or electric mixer over lightly boiling water until frosting stands in peaks—about 7 minutes. Fold in ½ teaspoon vanilla. Frost cake. Top with tinted coconut.

To tint coconut, place 1½ cupfuls in a jar. Add a few drops of red food colouring, cover, and toss lightly until coconut is evenly tinted. Decorate sides of frosted cake with pink-tinted coconut.

45-Second Pie Crust

Size of Pie	Jewel	All-Purpose Flour	Salt	Water
Single Crust (8 or 9-in.)	$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ teaspoon	2 tablespoons
Double Crust (8-inch)	$\frac{1}{2}$ cup	$1\frac{1}{3}$ cup	1 teaspoon	$\frac{1}{4}$ cup
Double Crust (9-inch)	$\frac{2}{3}$ cup	$1\frac{3}{4}$ cup	1 teaspoon	$\frac{1}{4}$ cup

Using low speed on electric mixer, combine Jewel, flour and salt. Mix about 30 seconds or until mixture is the consistency of coarse corn meal. Add water all at once and mix on low speed of electric mixer, about 15 seconds or until dough clings together. Turn onto floured board or pastry cloth. Roll out lightly from centre to edges keeping circular shape. Place pastry in pan and press lightly with finger tips to push out air.

For Single Crust Pies:

Trim edge about $\frac{1}{2}$ -inch larger than pan, fold under. Shape edge. Prick bottom and sides of crust with fork. Bake in hot oven (425° F.) 10 to 12 minutes or until lightly browned.

For Double Crust Pies:

Trim crust at edge of pan. Add filling. Roll out dough for top crust large enough to extend $\frac{1}{2}$ inch beyond edge of rim. Cut a few slits in crust to allow steam to escape. Place crust over filling. Fold top crust under bottom crust at edge and seal by pressing the two crusts together. Flute with finger tips. Bake according to directions for filling.

Cherry Pie

Yield: Deep 8-inch pie

PASTRY: Double crust (8-inch) see above.

FILLING:

4 cups pitted fresh or frozen pie cherries

$1\frac{1}{4}$ cups sugar

$2\frac{1}{2}$ tablespoons flour

$\frac{1}{4}$ teaspoon salt

1 tablespoon Allsweet Margarine

Drain cherries well. Combine sugar, flour, and salt. Mix with cherries. Put into 8-inch pastry-lined pie pan. Dot with butter. Make lattice top crust, folding ends of strips over bottom crust. Press firmly to seal well. Flute edge. Bake in a hot oven (425° F.) 40 minutes or until crust is as brown as desired.

Luscious Apple Pie

Yield: 9-inch pie (1½ inches deep)

PASTRY: Double crust (9-inch) see page 44.

FILLING:

4 cups sliced tart apples
(5 to 6 medium-sized)
¾ to 1 cup sugar (depending on
tartness of apples)

1 tablespoon flour
¼ teaspoon salt
½ teaspoon ground cinnamon
2 tablespoons Allsweet Margarine

Pare apples; cut in quarters and remove core. Cut each quarter lengthwise into three or four slices. Add sugar, flour, salt, and cinnamon. Mix well. Fit a row of apple slices around the edge of a pastry lined pan, then fill in with remaining slices. Use a rubber scraper to get all of the sugar. Pat slices into place and dot with butter.

Place the top crust over the apples. Fold the top crust over the bottom crust and tuck down next to the pan. Seal and flute the edges. Bake in a hot oven until the juice bubbles up through the slits in the crust, and the crust is well browned. To be sure the apples are cooked, use a fork and pierce a section of apple (through one of the slits). Cool on a cake rack.

Baking temperature: 425° F. Time: About 45 minutes.

Saucepan Gumdrops Bars

Yield: 16 squares

(COLOURFUL AND CHEWY)

½ cup Jewel Shortening
1 cup brown sugar, packed
1 teaspoon vanilla
2 tablespoons water
1 cup sifted flour

1¼ teaspoons baking powder
¼ teaspoon salt
1 egg
⅔ cup finely chopped spicy gumdrops

Rub bottom of 8-inch square pan with Jewel Shortening. Melt Jewel in a saucepan. Remove from heat. Add sugar, vanilla, water, flour, baking powder, salt. Mix well. Beat in egg. Stir in gumdrops. Pour into prepared pan. Bake in a moderate oven. Cool. Cut in squares.

Baking temperature: 350° F. Time: 30 minutes.



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RECIPE

FLUFFO FRIED CHICKEN

6 to 8 pieces of cut-up chicken
1 cup flour
2 tsps. salt (pepper, paprika,
poultry seasoning to taste)
½ to 1 cup Fluffo for frying



Mix flour, salt and seasoning. Roll chicken in seasoned flour. Brown the floured pieces of chicken in hot Fluffo in a large frying pan. When well browned, reduce heat, cover and cook over low heat until tender—about 30 minutes. If you wish chicken to be crisp, remove lid for last 10 minutes.

For Deep-Fried Chicken beat 2 eggs and ½ cup milk together. Dip chicken in seasoned flour as for pan-browned chicken, then in egg mixture. Deep-fry in Fluffo, preheated to 375° F. for 10-15 minutes until brown and tender. Drain and serve hot.